ABSTRACT OF THE DISCLOSURE

A method of plating a nanoporous metal membrane is provided where at least a portion of the nanoporous metal member is freely supported on the surface of a metal plating solution containing at least one platable metal and the surface of the metal plating solution is contacted with a plating initiator. The nanoporous metal membrane is allowed to contact the plating solution for a period of time effective to plate at least a portion of the nanoporous metal membrane with the at least one platable metal. The plating initiator is preferably hydrazine.